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| **Minor Award Name** | Exercise and Fitness |
| **Minor Award Code** | 6N5345 |
| **Level** | 6 |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Anatomy & Physiology  An Introductory Guide to Anatomy & Physiology 5th Edition  The Fitness Instructors Handbook | Website  Book  Book | An interactive website covering the major systems of the human body  A comprehensive book dedicated to anatomy and physiology with a key to anatomical language including multimedia learning resources  Sections of the book cover muscles, bones, joints, | Innerbody  Author: Louise Tucker  Published by: EMS Publishing  Author: Morc Coulson  Published by: Firefly Books | <http://www.innerbody.com/>  <http://www.emspublishing.co.uk>/  <http://www.fireflybooks.com> |
| Strength Training Anatomy | Book | A comprehensive illustrated book detailing strength training exercises, muscles used with the surrounding joints and skeletal structures | Author: Frederic Delavier  Published by: Human Kinetics | <http://www.humankinetics.com/europe> |
| Advanced Circuit Training | Book | Guidelines on how to structure and design a wide variety of circuits with warm-ups/ cool downs and periodisation | Author: Debbie Lawrence and Bob Hope  Published by: A & C Black Publishers | <http://www.bloomsbury.com> |
| The Aerobics Instructor’s Handbook | Book | This book provides a guideline to using safe aerobic teaching techniques utilising different teaching methods. Types of choreography are explained with information on instructional skills, class design, music, cueing, communication and teaching methodologies. Warm-ups, cool-downs, step class and class for special populations are covered. | Authors: Nigel Champion and Greg Hurst  Published by: A & C Black Publishers | <http://www.bloomsbury.com> |
| Legal requirements for music | Website | Irish Music Rights Organisation (IMRO) - the national organisation that administers the performing right of copyright music in Ireland. | IMRO | <http://www.imro.ie> |
| Holistic Health  ‘Wellness from Within’ | Booklet  Audio  Online doc | This booklet is a tool to help with understanding the concept of wellness and holistic health. | Published by the American Holistic Health Association | <http://www.ahha.org> |
| Sports Stretch | Book | Combines scientific fact about stretching with excellent diagrams covering a multitude of sports | Author: Michael J Alter  Published by: Human Kinetics | <http://www.humankinetics.com/europe> |
| Goal setting  ‘In Pursuit of Excellence’  Sporting Body Sporting Mind | Book  Book | A practical guide to motivation and focus. Exploring commitment to goals, distraction management and self-direction  The book contains mental training techniques to assist with high performance | Author: Terry Orlick  Published by: Human Kinetics  Author:John Syer and Christopher Connolly  Published by; Simon and Schuster | <http://www.humankinetics.com/europe>  <http://www.simonandschuster.com> |
| Activity guidelines and exercise recommendations | Website | A detailed Irish based website offering guidelines and recommendations on activity levels with a comprehensive suite of booklets and PDF’s for download | Get Ireland Active | <http://www.getirelandactive.ie/> |
| Risk management in the fitness industry | eManual  Website | An Australian publication on compliance with emergency plans and risk management strategy  Safety, Health and Welfare Act 2005 covering the legal requirements of all businesses regarding on site health and safety | Australian Fitness Industry Risk Management  Health and Safety Authority | <http://www.fitnessriskmanagement.com.au>    <http://www.hsa.ie> |
| Fitness Programming and Assessment  The Fitness Leader’s Handbook  Body Fitness and Exercise 2nd Edition | Book  Book | This book covers the principles of exercise programming for aerobic conditioning, strength and flexibility. It details contraindicated exercise and injury prevention. The practical process of screening clients and fitness assessment is thorough. In addition there are guidelines on exercise programming for the main special population groups.  Accessible information with illustrations on good exercise programming giving examples of exercise routines. Clearly outlines good instructional skills and identifies the dangers on incorrect instruction | Author: Garry Egger, Nigel Champion and Allan Bolton  Published by:  A & C Black  Author: Mo Rosser  Published by: Hodder and Stoughton | <http://www.bloomsbury.com>  <http://www.hoddereducation.co.uk> |
| Designing Training Programmes for Sports  ‘High Performance Sports Conditioning | Book | Sample training programmes, workout drills, periodization, athletic strength and conditioning | Author: Bill Foran  Published by: Human Kinetics | <http://www.humankinetics.com/europe> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Ireland Active | <http://www.irelandactive.ie/> |
| IDEA | <http://www.ideafit.com>/ |
| World Health Organisation | <http://who.int/> |
| American College of Sports Medicine (ACSM) | <http://www.acsm.org/> |
| Irish Heart Foundation | <http://irishheart.ie/> |
| Register of Exercise Professionals (REPS Ireland) | <http://www.repsireland.ie> |
| Department of Health | <http://www.health.gov.ie> |
| Irish Sports Council | <http://www.irishsportscouncil.ie/> |
| National Strength and Conditioning Association | <http://www.nsca.com/> |
| Australian Strength and Conditioning Association | <https://www.strengthandconditioning.org/> |
| Fitness Professionals | <http://www.fitpro.com/> |
| International Fitness Association | <http://www.ifafitness.com/> |
| American Council on Exercise | <https://www.acefitness.org/> |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/>  <https://www.futurelearn.com/>  <https://www.acefitness.org>  <https://udemy.com/> |